

# Feed Me Fresh September 2023 Mount Kisco Child Care Center

MKCC Participates in the Child And Adult Care Food Program. Meal Components & Portions are served in accordance with guidelines put forth by CACFP.

If your child has a food allergy, please provide the information to The Nurse, Classroom Teacher & the receptionist at the front desk as soon as possible. MKCCC will work with you to meet the dietary needs of your child to the extent possible. Water is available at all times. Low Fat milk and Cheese is served to all children over the age of two. Whole Milk Served to Children under the age of 2. MKCCC is a nut free facility. Please be advised that the menu is subject to change without notice. Thank you. Enjoy!

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				Closed
4	5	6 Toasted Oats, Blueberries, Milk	7 WGR Waffles, Bananas, Milk	8 WGR Life, Bananas, Milk
Closed	Closed	Grilled Ham & Cheese on Croissant, Salad Pineapple, Milk	Chicken Teriyaki, WGR Brown Rice, Oriental Vegetable, Oranges, Milk	Beef Chili Mac w/ WGR Pasta, Broccoli, Peaches, Milk
		Yogurt & Granola	Pretzels & Cheese Stick	Banana Bread & Milk
11 WGR Toasted Oats, Bananas, Milk	12 WGR Bagels, Strawberries, Milk	13 WGR Oatmeal, Bananas, Milk	14 WGR Pancakes, Blueberries, Milk	15 WGR Life, Bananas, Milk
Chicken & Broccoli Alfredo w/ WGR Pasta, Plums, Milk	Beef Tacos, Lettuce, Salsa, Soft Tortillas, Milk, Plantains	Baked Pork Loin, WGR Quinoa, Baby Carrots, Baked Apples, Milk	Baked Cheese Lasagna, Garlic Green Beans, Mangos, Milk	Chicken Cacciatore, Mushroom & Onions, WGR Brown Rice, Plums, Milk
Guacamole & Pita Bread	Graham Crackers & Milk	Zoo Animal Crackers & Milk	Apple & Oatmeal Bars & Milk	Graham Crackers & Oranges
18 WGR Toasted Oats, Bananas, Milk	19 WGR Bagels, Strawberries, Milk	20 WW Bread & Eggs, Blueberries, Milk	21 WGR Waffles, Blueberries, Milk	22 WGR Life, Bananas, Milk
WGR Penne with Meat Sauce, Green Beans, Oranges, Milk	French Toast, Sausage, Hash Browns, Syrup, Peaches, Milk	Grilled Cheese, WW Bread, Broccoli Salad, Apple, Milk	Egg Salad on WW Bread, Butternut Squash Soup, Blueberries, Milk	Flat Bread Pizza, Tossed Salad, Strawberries, Milk
Berry & Yogurt Parfait	Cheese & Crackers	Trail Mix & Milk	Pretzels & Garlic Herb Dip	Banana Bread & Milk
25 WGR Toasted Oats, Bananas, Milk	26 WGR Bagels, Strawberries, Milk	27 WGR Oatmeal, Bananas, Milk	28 WGR Pancakes, Blueberries, Milk	29 WGR Life, Bananas, Milk
Chicken Souvlaki, Pita Bread, Greek Salad, Oranges, Milk	Beef Burger on WW Roll, Tomato Cucumber Salad, Pears, Milk	Pork Loin, Mixed Vegetables, WGR Brown Rice, Oranges, Milk	WGR Elbow Mac & Cheese, Asparagus, Apples, Milk	Cheese Pizza, Tossed Salad, Watermelon, Milk
Yogurt & Granola	Fruit Smoothie w/ Graham Crackers	Waffle Sticks & Milk	Hummus w/ red Peppers & Cracker	Trail Mix & Milk